



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT



VIOLENCE
PREVENTION

Triple P Parenting Program

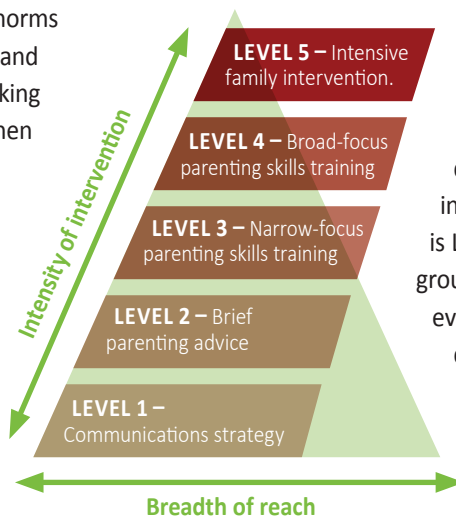
PROGRAM SUMMARY AND HISTORY

The Triple P – Positive Parenting Program is a parenting and family support system designed to give parents tools to promote positive behavior, manage misbehavior effectively, and develop confident parents. Used for over 30 years across 30 nations, the positive parenting strategies that form the foundation of Triple P are based on social learning, cognitive-behavioral and developmental theory.

Childhood abuse is strongly associated with experiencing domestic violence as an adult, either as perpetrator or a victim.ⁱ Unfortunately, Bexar County child abuse cases are on the rise which also predicts a future with continued violence in San Antonio. Triple P is one of only two programs identified to work at a population level to reduce child abuse and maltreatmentⁱⁱ as it uses a multi-level system of interventions to shift norms across the population. With over 980 studies and 135 randomized control trials of research backing up their approach, their findings only strengthen their programs.ⁱⁱⁱ In the United States, studies reported a 13% reduction in hospitalizations from abuse injuries, a 21% reduction in out-of-home placements, and a 31% reduction in confirmed child abuse cases in communities where the entirety of the Triple P system was used.

In San Antonio, Metro Health works with community partners to offer the full range of Triple P classes for free to the community.

These classes are available for all levels to differentiate for parents' needs. The foundational classes are the Level 2 Selected



Seminars, a series of three 90-minute seminars that cover all 17 positive parenting strategies in a “light-touch” setting. For parents of children with developmental or other disabilities, these Level 2 Seminars are adapted for in a series of three 90-minute seminars. Following is Level 3 Discussion Groups, a series of four small groups that apply positive parenting strategies to everyday parenting problems, like dealing with disobedience and developing bedtime routines. For parents needing more support, Level 4 Group provides an eight-week class that provides comprehensive coverage of all parenting strategies and how to apply them. And finally, Level 5 Pathways, a series of modules about emotional regulation and anger management skills for parents at risk of harming their children.

TRIPLE P AND VIOLENCE PREVENTION

In 2020, San Antonio reported 5,499 child abuse cases, 20 of those children were murdered due to child abuse and neglect. This is what Triple P is aiming to stop by providing parenting and family support as preemption to child maltreatment. The strategy also directly supports Metro Health’s Strategic Plan Priority Focus Area 1: Prevent Child Abuse, as well as national

public health priorities outlined in Healthy People 2030, including IVP-15 Reduce child abuse and neglect deaths; and IVP-16 Reduce nonfatal child abuse and neglect^{iv}. Triple P’s approach also directly ties into Metro Health’s goals for applying a public health lens to violence prevention by reducing risk and helping to break cycles of violence on a population level.



Strategic Growth Priorities

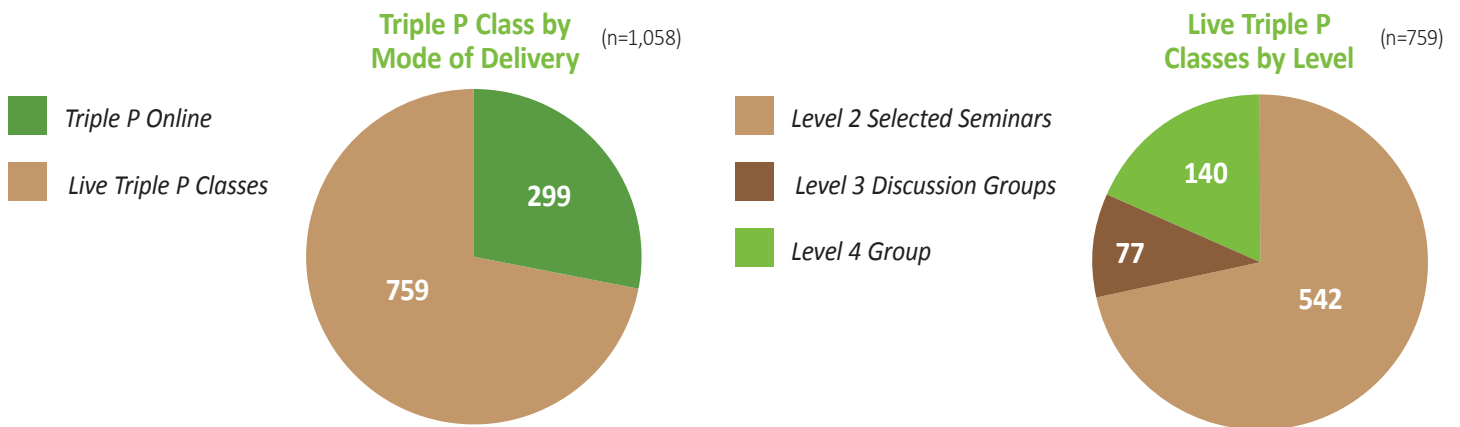
Establish Trauma-Informed Practices in the Justice System:

Adverse Childhood Events (ACEs) are traumatic events that occur in childhood that are linked to higher rates of negative health and socioeconomic outcomes throughout a person's lifespan^v. For instance, justice-involved parents experience more ACEs than their peers — meaning they have experienced higher rates of violence, traumatic events, and abuse^{vi}. Having a parent in jail or prison also is considered an ACE as it is continuing the cycle of trauma for families most at risk. To further embed ACEs-informed

and trauma-informed practices in systems serving families, Triple P Parenting classes will be provided to justice-involved parents to strengthen family relationships after an involvement with the justice system (e.g., upon release from incarceration, while on parole or probation). Justice-involved parents who complete the Triple P classes will have the opportunity to become trained Triple P practitioners themselves and provide parenting classes to others in the community. This model empowers parents and uses credible messengers to reach those at the highest risk of continuing violence and traumatization.

FY2021 DATA

During FY21, Triple P has reached 1,058 parents throughout San Antonio through live virtual classes and Triple P Online.



	March	April	May	June	Total	
Asian or Asian American	0	0	0	1	1	1%
Black or African American	4	3	1	4	12	7%
Hispanic or Latinx	21	38	51	25	135	78%
Indigenous American or Alaska Native	0	2	0	1	3	2%
Native Hawaiian or other Pacific Islander	0	0	0	0	0	0%
White	5	8	2	8	23	13%
Other	1	0	2	0	3	2%
Total	31	51	56	36	174	100%
	18%	29%	32%	21%	100%	



	Age 0-5	Age 6-9	Age 10-12	Age 13+	Total	
March	18	9	11	17	55	18%
April	40	21	14	22	97	32%
May	41	14	18	21	94	31%
June	30	8	9	12	59	19%
Total	129	52	52	72	305	100%
	42%	17%	17%	24%	100%	

FY2022 TIMELINE

Q1: Hire and onboard all new staff.

Q2: Train new staff in the full range of Triple P levels.

Q3: New staff will implement Triple P in tandem with existing staff and Triple P Providers Collaborative.

Q4: New staff will implement Triple P in tandem with existing staff and Triple P Providers Collaborative.

Every Quarter – Provide peer support in the form of virtual consultations, quarterly dialogue circles on equity, and events that support marginalized communities.

COMMUNITY PARTNERS

A network of community partners called the Triple P Providers Collaborative, offers Triple P throughout San Antonio and Bexar County. This network consists of Metro Health programs, City of San Antonio programs, and community agencies such as:

- ▶ A.V.A.N.C.E. San Antonio
- ▶ DePelchin Children's Center
- ▶ C.O.S.A. Head Start
- ▶ Family Service
- ▶ Guardian House
- ▶ S.A.M.H.D. Healthy Neighborhoods
- ▶ S.A.M.H.D. Healthy Start
- ▶ Martinez Street Women's Center
- ▶ San Antonio Council on Alcohol and Drug Awareness
- ▶ The Health Collaborative
- ▶ The P.E.A.C.E. Initiative

These partners are accredited to offer different Triple P classes and help Metro Health reach its goals. The Triple P Providers Collaborative provides a network of additional resources for parents who participate in its programs. These resources include but are not limited to: mental health counseling, health and wellness education, prenatal care and support, early childhood education, domestic violence and child abuse resource. Metro Health supports and facilitates this network of family support with monthly meetings, regular workgroups, training, and quarterly guided dialogue circles on racial justice and equity. These opportunities support practitioners in providing culturally competent, equitable, trauma-informed services to families throughout San Antonio and Bexar County



FUNDING AND STAFFING

The Triple P – Positive Parenting Program at Metro Health is funded by the City of San Antonio General Fund. In FY2021, the Triple P Program budget amounted to \$250,000. The program is level-funded by the General Fund for FY2022, meaning that the program budget will also be \$250,000 next fiscal year.

Furthermore, Triple P classes through community partners are provided due to funding from the City of San Antonio, San Antonio Area Foundation, United Way of San Antonio and Bexar County.

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Footnotes

- i Capaldi, D. M., Knoble, N. B., Shortt, J. W., & Kim, H. K. (2012). A Systematic Review of Risk Factors for Intimate Partner Violence. *Partner Abuse*, 3(2), 231–280. doi: 10.1891/1946-6560.3.2.231
- ii Sanders, M. R., & Prinz, R. J. (2018). Emergence of a population approach to evidence-based parenting support. In M. R. Sanders & T. G. Mazzucchelli (Eds.), *The power of positive parenting: Transforming the lives of children, parents, and communities using the Triple P system* (pp. 32-62). New York, NY, US: Oxford University Press.
- iii Sanders, M. R. (2008). Triple P-Positive Parenting Program as a public health approach to strengthening parenting. *Journal of Family Psychology*, 22(4), 506-517.
- iv Office of Disease Prevention and Health Promotion (ODPHP). "Violence Prevention – *Healthy People 2030*." *Healthy People 2030*, U.S. Department of Health and Human Services, health.gov/healthypeople/objectives-and-data/browse-objectives/violence-prevention.
- v National Center for Injury Prevention and Control, Division of Violence Prevention. "Preventing Adverse Childhood Experiences." *Violence Prevention*, Centers for Disease Control and Prevention, https://www.cdc.gov/violenceprevention/aces/fastfact.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Ffastfact.html
- vi The Illinois ACEs Response Collaborative (2017). *Justice Brief: ACEs and the Juvenile Criminal Justice Systems*. marc.healthfederation.org/sites/default/files/Justice%20Policy%20Brief%20Dec%202017.pdf.